



# THE COMMUNITY PLACE

## Activities Timetable

20 Clark Street Kalinga  
33 Teevan Street Stafford

Activity title and description	Where	Address	Date of Activity	Time of Activity	Participant Instructions
<b>Let's Unwind Crochet - Charity Crochet Group</b> join us on Monday mornings for our Charity Crochet Group. New members are very welcome. In this group we make items that are donated to various charities across Brisbane.	Kalinga	20 Clark Street	Mondays	9am - 11.30am	Please bring your crochet hooks and we will provide the yarn for the charitable projects.
<b>Beginner Crochet - On the Hook!</b> Joins us once a month on Wednesday nights for On the Hook Crochet. Come along if you if you would love to learn how to crochet or if you already know bring along your project for a social evening with new crochet friends.	Kalinga	20 Clark Street	1st Wednesday of the month (no meeting in May 2022)	5.30pm - 7.30pm	Please bring crochet hooks and yarn.
<b>Stafford Crochet Group</b> - we also now have a monthly Stafford Crochet Group that meets on the 2nd Friday of each month. If you would like to learn how to crochet we would love to help you, otherwise bring along your own projects to complete.	Stafford	33 Teevan Street	2nd Friday of the month	10.30am - 12.30pm	Please bring crochet hooks and yarn.
<b>Monday Morning Gentle Fitness with COASIT</b> If you are looking for a way to get your week energised, give the lovely people at COASIT a call to talk about the exercise groups that are held by their qualified Physiotherapist each week here at TCP.	Kalinga	20 Clark Street	Monday Mornings	9.30am	Two groups are available. Call COASIT on 3624 6100.
<b>Chair Yoga - GOLD Program</b> Join us on Mondays during school term for Chair Yoga with Natalie. This is a very gentle and easily accessible class for everyone.	Kalinga	20 Clark Street	Mondays during school term	1.30pm - 2.30pm	This is a free class and bookings are essential - <a href="http://www.bookwhen.com/thecomunityplace">www.bookwhen.com/thecomunityplace</a>
<b>Aussie Taiso GOLD Program</b> Taiso is a Japanese word for exercise or calisthenics. Improve your balance and movement at this fun class that is suitable for all levels of fitness.	Stafford and Kalinga	33 Teevan Street 20 Clark Street	Mondays Stafford and Tuesdays Kalinga during school term	Mon 11.45am Tues 1pm	Please wear comfortable clothing and bring drinking water and a towel.
<b>Aussie Taiso GOLD Program</b> Taiso is a Japanese word for exercise or calisthenics. Improve your balance and movement at this fun class that is suitable for all levels of fitness.	Kalinga	20 Clark Street	Tuesdays during school term	1pm	Please wear comfortable clothing and bring drinking water and a towel.
<b>Gentle Fitness GOLD Program</b> exercise routine that everyone can do to help improve balance and strengthen muscles.	Stafford	33 Teevan Street	Wednesdays during school term	11.30am	Please wear comfortable clothing and bring drinking water and a towel.
<b>Zumba Gold - GOLD Program</b> join us every week on Thursdays for Zumba Gold. This is a hugely popular program so bookings are essential.	Stafford	33 Teevan Street	Thursdays during school term	9am	This is a free class and bookings are essential - <a href="http://www.bookwhen.com/thecomunityplace">www.bookwhen.com/thecomunityplace</a>
<b>Parkland Zumba - ACTIVE PARKS Program</b> Get your weekend started with our free Parkland Zumba class held in Keong Park	Stafford	Meet at the Centre and Zumba at the stage	Saturday Mornings during school term	8am	Please wear comfortable clothing and bring drinking water and a towel.
<b>Kinetic X-box Workout</b> An interactive game where your body movements control the actions on the screen. Have awesome amounts of fun whilst receiving a great workout.	Stafford	The Community Place 33 Teevan St	Thu 8 Dec or 29 Mar	10am-12pm	Please wear comfortable clothing and bring drinking water and a towel.
<b>Lite Yoga - GOLD PROGRAM</b> Designed for beginners who wish to become fit, flexible and relaxed.	Stafford	33 Teevan Street	Wednesdays during school term	1pm	This is a free class and bookings are essential - <a href="http://www.bookwhen.com/thecomunityplace">www.bookwhen.com/thecomunityplace</a>
<b>Wednesday Night Board Games</b> join us on the first Wednesday night of the month when we host our regular Board Games Night!	Kalinga	20 Clark Street	Wednesday nights - first Wednesday of the month	6pm - 9pm	Come and enjoy a night of board gaming at The Community Place. Our catalogue has something for everyone! Also if you are new to gaming don't be shy we have lots of friendly people who love to teach!
<b>Tuesday Morning Board Games</b> join us every Tuesday Fortnight for Board Games. If you are new to board gaming come along as we have lots of wonderful people who love to share their passion and knowledge of games.	Kalinga	20 Clark Street	Fortnightly Tuesday mornings (call for next date)	11am - 1pm	There is no need for any previous experience as we all learn games together. We have a huge selection of games to play!
<b>English as a Second Language Classes</b>	Stafford	33 Teevan Street	Mondays during school term	9.30am-10.30am	Come along each week to our very friendly and supportive class held in Stafford. New students are very welcome.
<b>English as a Second Language Classes</b>	Kalinga	20 Clark Street	Wednesday 9.15am and Thursday 10am	Wed 9.15am Thurs 10am	Come along to our classes at Kalinga, Beginner and Intermediate groups for these classes. Join us for our fun, social and very welcoming classes.
<b>Book Club</b> meets on the 4th Friday of every month at Stafford	Stafford	33 Teevan Street	Fridays (4th Friday)	9.30am - 11.30am	Our book club is unique, we discuss an author of the month which makes for a very interesting morning! New members are very welcome.
<b>Playgroup is returning to Stafford</b>	Stafford	33 Teevan Street	TBA	TBA	We will be welcoming all of our lovely families back to Playgroup in 2022. Stay tuned for details.